

# National Schools' Regatta 2023

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May 26<sup>th</sup> - 28<sup>th</sup> 2023

This document highlights the key points from the NSR SAFETY PLAN applicable to ATHLETES AND COACHES. The full NSR Safety Plan and Appendices are available on the website.

## **INFORMATION FOR COACHES & COMPETITORS**

### **1.1 Responsibilities**

- a) The Regatta implements the recommendations of the British Rowing Row Safe guide to good practice in rowing, and competitors are reminded of their obligations under Row Safe.
- b) All Competitors must follow posted safety notices and obey instructions from Regatta Officials.
- c) Competitors with significant pre-existing medical issues should advise the Welfare team 24 hours in advance of racing on [nsr.welfareandsafety@gmail.com](mailto:nsr.welfareandsafety@gmail.com). Relevant information will be passed through to the medical and safety teams in advance of racing.
- d) Coxswains must provide and wear a suitable buoyancy aid or lifejacket when afloat. British Rowing Rules of Racing rule 7-2-9 will be strictly enforced: In all boats, the foot stretchers, shoes or other devices holding the feet of the rowers shall be a type which allows the rowers to get clear of the boat with no delay in an emergency.
- e) Competitors are specifically reminded that persons using the lake do so at their own risk and are solely responsible for:
  - i) Their own safety and their ability to meet the minimum standards required by Row Safe i.e. ability to swim, awareness of capsize procedures.
  - ii) Ensuring that their boats are safe and are prepared to the standards required by the British Rowing Row Safe guide and the British Rowing Rules of Racing. Any boat that fails to meet the standard shall be excluded. See British Rowing Rules of Racing rule 7-2-9 for details.
  - iii) The strict observance of the Circulation Pattern (see Section 2) and the minimum standards set by Row Safe.
  - iv) Deciding, together with their coaches, whether or not they are competent to use the lake in the prevailing weather conditions.

### **1.2 Equipment**

It is the responsibility of the competitors to ensure that their boats are safe and are prepared to the standards required by the British Rowing Row Safe guide to good practice in rowing.

- a) Control Commission may inspect the boats prepared by the competitors before each race, and shall exclude any boat that fails to meet the standard laid down.
- b) Control Commission shall maintain a record of boats failing inspection. The Regatta Safety Officer shall forward this to the Regional Water Safety Officer within seven days of the Regatta.

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## 1.3 Incident Reporting

All safety incidents must be reported to a Regatta Official and the appropriate incident report forms completed.

## 1.4 Practice

- a) Crews wishing to train on the Lake on Thursday must book in with, and pay, Eton College Services Ltd: 01753 832756.
- b) No crews may practise on the course.
- c) Crews may NOT boat on the River Thames from Dorney's grounds. During hours of racing, crews will only be permitted to go afloat on the Lake to race.

## 1.5 Circulation Pattern

- a) **The circulation patterns for Friday's racing and that for the Saturday and Sunday racing are different.**
  - i) Copies of circulation patterns will be posted on the side of the cabin at Race Control.
  - ii) b) Friday crews will race over 1000m
  - iii) On Friday the Start will be via a pontoon half way down the course, the Finish will be at the Finish Tower.
  - iv) Saturday and Sunday crews will race over 2000m
- b) All competitors and coaches must familiarise themselves with the Circulation Patterns, for crews including those for proceeding to the start and racing (see Section 2). Crews failing to follow the circulation pattern may receive an official warning or be disqualified.
- c) The racing lanes are numbered 1 to 8 from the spectator side of the course
- d) Crews must be attached to the start two minutes before race time. Races will be started without reference to absentees.
- e) Crews may warm up in the areas indicated on the Circulation Pattern (see Section 2) and must adhere to the circulation pattern and obey all instructions from umpires and marshals in this area. Crews failing to comply shall be penalised.

## 1.6 Insurance

All clubs should ensure that they have sufficient third party insurance cover for attendance at the Regatta.

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## 1.7 Safeguarding and Child Protection

- a) The Regatta has appointed a Child Welfare Officer whose duties include understanding and implementing, where appropriate, the British Rowing Safeguarding and Protecting Children Policy.
- b) The CWO may be contacted in advance via [nsr.welfareandsafety@gmail.com](mailto:nsr.welfareandsafety@gmail.com). On the day contact details are available via Race Control, any Race Official or member of the onsite team.
- c) All Regatta officials and volunteers are apprised of their responsibilities under the Regatta's Child Welfare Policy.
- d) Schools and Clubs are expected to follow their own Child Protection Procedures in line with British Rowing guidance.

## 1.8 Security

- a) The Regatta Organising Committee can take no responsibility for equipment left overnight.
- b) All equipment must be removed from the site at the end of racing on Sunday night.

## 1.9 Boat Racking and Storage

It is the responsibility of Coaches and competitors to ensure that their boats are secured correctly when stored on permanent or temporary racks, trestles, boat trailers or roof racks. Coaches and competitors are requested to exercise consideration when racking or storing boats, so as to minimise restriction to access or movement by others.

## 1.10 Vehicle and Trailer Access & Marquees

- a) Entry to and from the Dorney Lake site must only be made via Lake End Road (B3026) and not via Marsh Lane.
  - i) Trailers can access the site from 14:00 to 21:00 on Thursday.
  - ii) Those wishing to put their Club or School Marquee up before the regatta can do so from Thursday Morning.
  - iii) Gates will be open from 06.00 to 21.00 Friday, Saturday and Sunday.
- b) Once on-site, drivers must follow the instructions of marshals who will direct traffic to the appropriate parking facilities.
- c) **Boat trailers** will be directed to the car park situated at the North Eastern end of the Lake. or alternative location as directed by the traffic marshals. Marshals will be on hand to direct parking and full cooperation from drivers is expected. Parking passes will be allocated to coaches/boatmen.
- d) **Coaches and minibuses** transporting crews will be parked on the South side of the Lake on Drove Road, entering and leaving via the access at the West end of the Lake.
- e) **Drivers transporting competitors** will need to identify themselves at the entrance and will be directed to park on the Drove Road. This applies to parents and rowing coaches. If drivers wish to park on the North side of the lake to view the racing a parking ticket will need to be purchased in advance.

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- f) **Parking on the North Side of Lake** Those wishing to park on the north side of the lake near the School and Club Marquees will be required to pay for parking access.
- g) **Only official vehicles and emergency vehicles are permitted access to the island between the warm-up channel and main lake.**

Note that weather conditions may dictate that car parking and trailer parking facilities are changed at short notice. All drivers must observe the posted speed limits and ensure that extreme care is taken in pedestrian areas.

**Marquee locations** can be found on the NSR website by mid-May.

## 1.11 Pedestrians, Bicycles and Drones

- a) Pedestrian access to the island formed between the main lake and warm-up lake is strictly forbidden.
- b) Cycling is **NOT PERMITTED** on the North side of the Lake or in the boating area. Cyclists must note the "No Cycling" areas on the circulation plan.
  - i) Only coaches will be permitted to access the island formed between the main lake and warm-up lake, for the purpose of following their crews.
  - ii) **No more than 2 cycles may follow each crew in a race - Cycle passess will be issued with numbers at registration.**
  - iii) Ignoring this may lead to disqualification of the crew. Cyclists must take care at all times and must obey the instructions of the Marshals. In addition to being situated at the access to the island road, Marshals on the bridges will stop cyclists when the commentary car is approaching, to minimise the risk of collision.
  - iv) Cyclists are reminded that their first duty is to the safety of those around them and they must ensure that they remain aware of the dangers around them.
- c) Use of drones is **NOT PERMITTED** at any time during the Regatta.

## 1.12 Cox Weights

- a) All coxswains shall be weighed each day prior to their first race (including Time Trials) and, if required, may be re-weighed after any race in an event.
  - i) The weigh-in scales will be located in the Boathouse adjacent to the boathouse reception.
  - ii) Coxswains competing in more than one event of a similar category need to be weighed once only to qualify for all such events.
  - iii) Coxswains shall be weighed in the clothing that they expect to wear in the race, inclusive of buoyancy aids. Please ensure the Coxswain is wearing clothing fit for the weather conditions on the course.
  - iv) To make up this weight a lighter coxswain shall carry dead-weight. Any dead weight carried may be checked after any race in any event

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- v) If there are specific circumstances that prevent a cox from being weighed the coach MUST notify [nsr.welfareandsafety@gmail.com](mailto:nsr.welfareandsafety@gmail.com) in advance of weighing in taking place.

## 1.13. Cox Weights

In accordance with British Rowing Rules of Racing (as updated from 1st April 2023), Rule 7-2-7d, states that the minimum weight for Coxswains is 45kg for all J15 and younger crews, and 55kg for all other crews.

## 1.14. Boating

### Time Trials:

- a) Crews are expected to boat 30 min before racing having completed their warm up on land.
- b) Once on the water, and while in a holding pattern, crews should endeavour to get in order. Coaches are asked to assist with this process and communicate with their crews on the way up to the start. .

### Semi-finals and Finals:

- a) Crews are expected to boat 40 min before racing. Please follow the circulation pattern.

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## **INFORMATION FOR COACHES & COMPETITORS**

### **2. Circulation Patterns**

#### **2.1 TIME-TRIALS on Friday morning 1,000m**

1. Numbers can be collected from the Regatta Marshals Office before racing. Crews must carry their racing numbers on their training top, racing top and in the Empacher slot on the front of their boats.
2. Crews should carry their boats from the trailer park to the outgoing pontoons around the back of the boat house where, under the guidance of the Control Commission Umpires, they should join the queue for boating. Please show respect for each other and do not push in the queuing lines.
3. A schedule of "boating times" will be issued. It is imperative that all crews and scullers comply with these boating times. If you miss your boating time, unless you can demonstrate extenuating circumstances, you will not be allowed to boat and will miss your race.
4. Once boated, crews will paddle slowly towards the start in the return (warm up) lake as shown in the plan below. Warming up by turning in the warm up lake is NOT allowed.
5. At 200m from the warm up lake exit the Marshal will tell them "Tops off" and will encourage them to move on to the exit bridge. A Marshal at this point will direct them through the bridge and towards the launch in lane 5 and encourage them to keep moving.
6. The launch in Lane 5 will allocate them a lane (probably 7 or 8) and direct them towards that lane. When turning, having passed through the bridge aim to row round in a continuous semi-circle ("hard on stroke side, bow side light / easy / hold") into lanes 7 or 8 as directed.
7. Crews should then proceed to the start at the 500m mark.
8. Crews will be started at intervals of approximately 30 seconds, with successive crews in different lanes to ensure a gap of at least 1 min between crews in each lane.
9. The Starter will say "Go" approximately 100m before the timing line and crews will be timed as they cross the start line.
10. It is the responsibility of crews that are being caught to move across to allow faster crews to overtake. Crews should be careful in the Finish area, and proceed straight to the rafts quickly and safely; crews may not cool down on the course after their Time Trial as they may obstruct other crews racing.

In the event of it being necessary for a Time Trial race to be stopped for any reason the signal to stop will be a loud series of blasts from an air horn. This will be repeated from all umpire and rescue boats on the water. ALL RACING CREWS MUST STOP IMMEDIATELY and follow instructions from umpires and rescue boats.

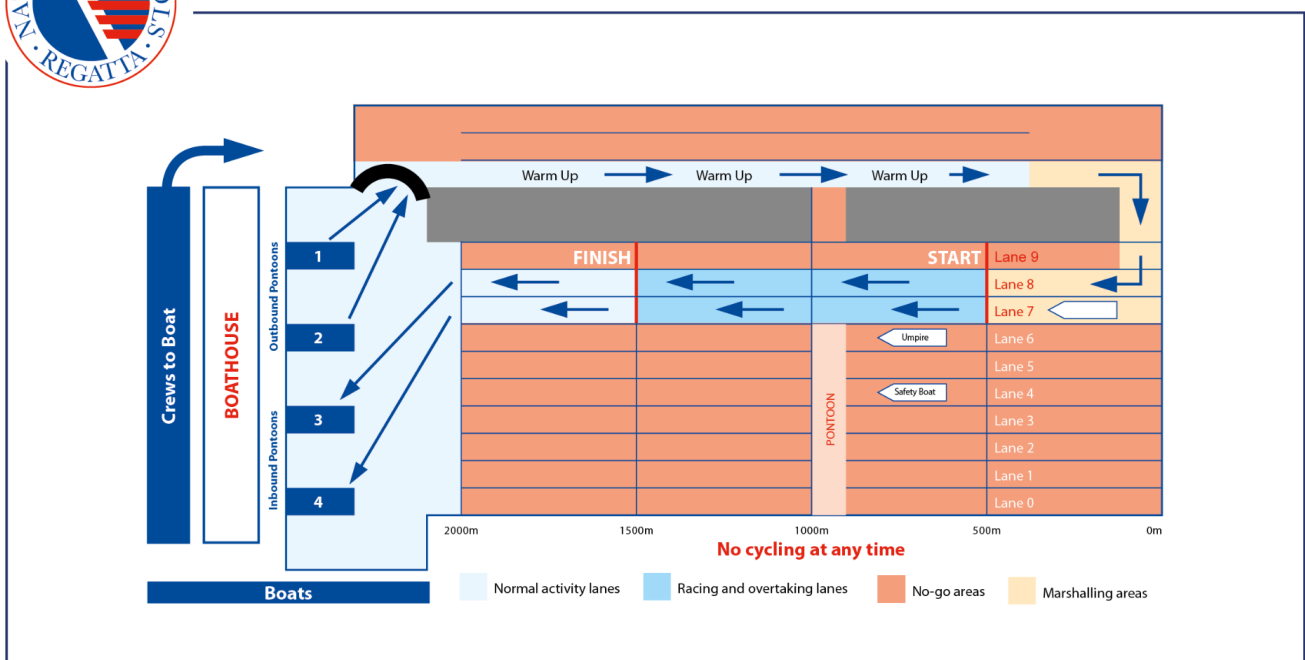
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The time trial race finishes at the 1500m mark at which point the crews should wind down but continue paddling, under the directions of the launch Marshal, to the incoming pontoons (No 3 and 4 on plan below).

## 2023 Time Trials Friday



Cooling down is **NOT PERMITTED**.

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## 2.2 TIME-TRIALS Saturday over 1900m

1. Numbers can be collected from the Regatta Marshals Office before racing. Crews must carry their racing numbers on their training top, racing top and in the Empacher slot on the front of their boats.
2. Crews should carry their boats from the trailer park following the one way system around the back of the boathouse to the outgoing pontoons where they should join the queue for boating.
3. A schedule of "boating times" will be issued. It is imperative that all crews and scullers comply with these boating times. If you miss your boating time, unless you can demonstrate extenuating circumstances, you will not be allowed to boat and will miss your race.
4. Crews will paddle slowly towards the start in lanes 8 and 9 only.
5. Warming up by turning into lanes 1 to 7 is NOT allowed. At 500m (from the 2000m Start) the Marshal will tell them "Tops off" and will encourage them to move on to 250m.
6. A Marshal at this point will direct them towards the launch in lane 7 and encourage them to keep moving. The launch in lane 7 will allocate them a lane and direct them towards that lane. Aim to row round in a continuous semi-circle ("hard on stroke side, bow side light / easy / hold") into lanes 1, 2 or 3, as directed.
7. Lanes 0, 4, 5, 6 and 7 are safety lanes and are not in use for racing. Lane 0 is to be used only for crews in distress. A launch in lane 4 will sort the crews into lanes and set them off towards the start. Crews should proceed in their allocated lanes toward the start at the 100m mark.
8. Crews will be started at intervals of approximately 20 seconds, with successive crews in different lanes to ensure a gap of at least 1 min between crews in each lane.
9. The Starter will say "Go" approximately 50m before the timing line and crews will be timed as they cross the start line.
10. It is the responsibility of crews that are being caught to move across to allow faster crews to overtake.

In the event of it being necessary for a Time Trial race to be stopped for any reason the signal to stop will be a loud series of blasts from an air horn. This will be repeated from all umpire and rescue boats on the water. **ALL RACING CREWS MUST STOP IMMEDIATELY** and follow instructions from umpires and rescue boats.

The time trial finish is at the 2000m mark where crews should wind down but continue paddling, under the directions of the launch Marshal, to the incoming pontoons (No 3 and 4 on plan below).



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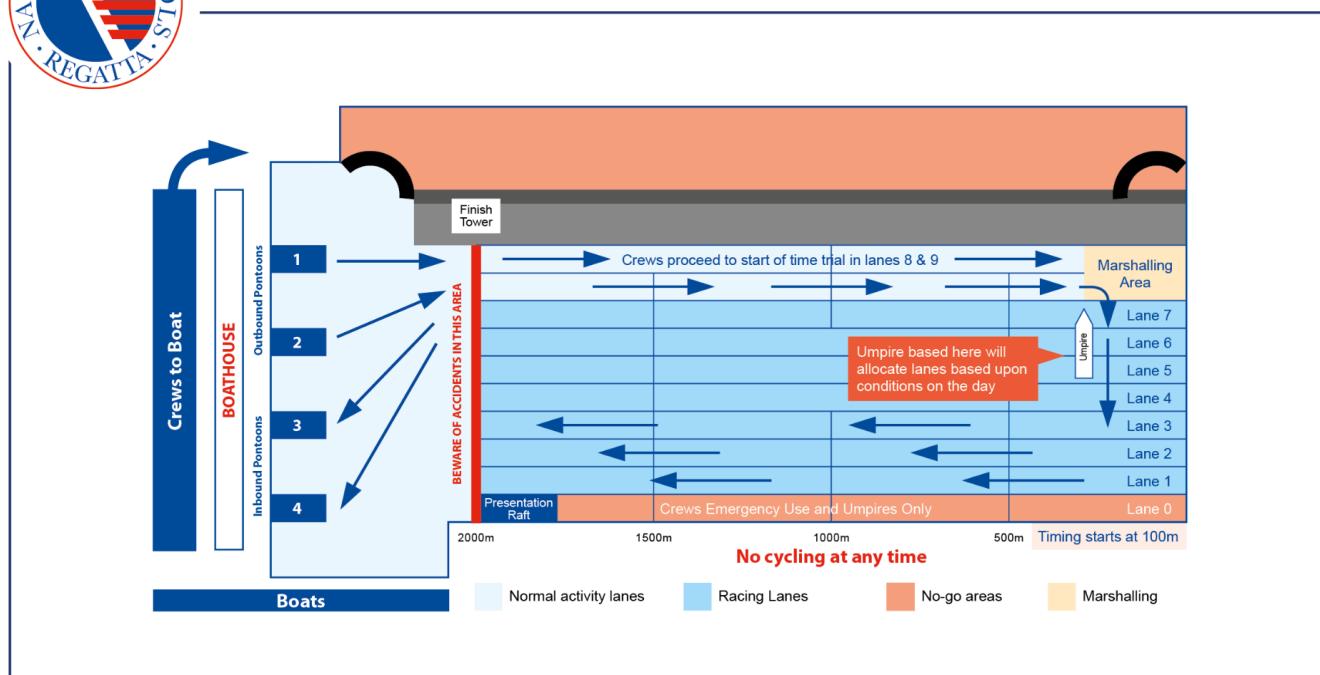


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TIME-TRIALS on Saturday and Sunday (1,900m)

NOTE: Diagram below: Outgoing boats should **go up lanes 8 and 9**

## 2023 Time Trials Saturday & Sunday



Cooling down is **NOT PERMITTED**.

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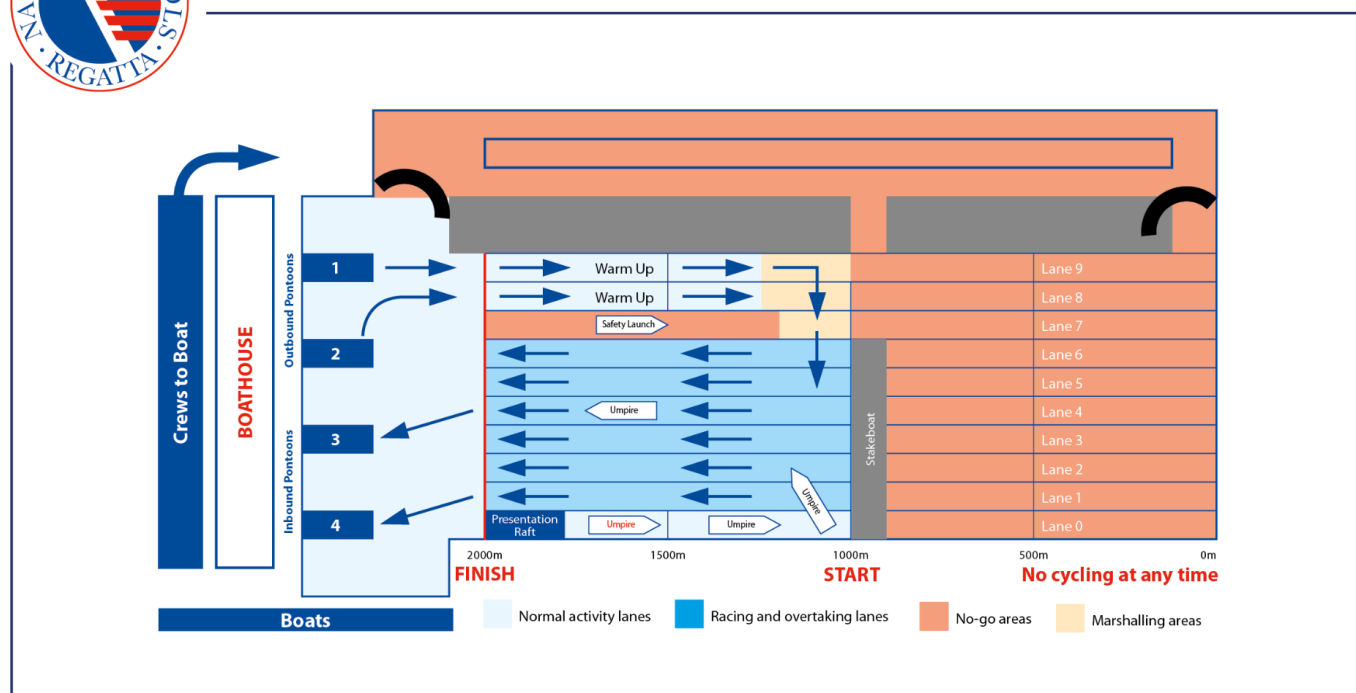
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## 2.2 MULTI-LANE RACING on Friday over 1,000m

1. Crews will proceed in lanes 8 and 9 to 1000m before the start at the 1,000m mark at which point they will be directed by the Start Marshal to wait in Lane Number Order (1, 2, 3, 4, 5, 6) where they will be held.
2. When the Starter calls the race and under the Start Marshals instructions, crews will paddle across the start pontoons in their allotted lane and will then back down onto the start pontoon.
3. Crews must be attached to the start 2 minutes before the race. If a crew misses its "slot" it may not be allowed to race.



## 2023 Multi-Lane Racing Friday



Cooling down is **NOT PERMITTED**.

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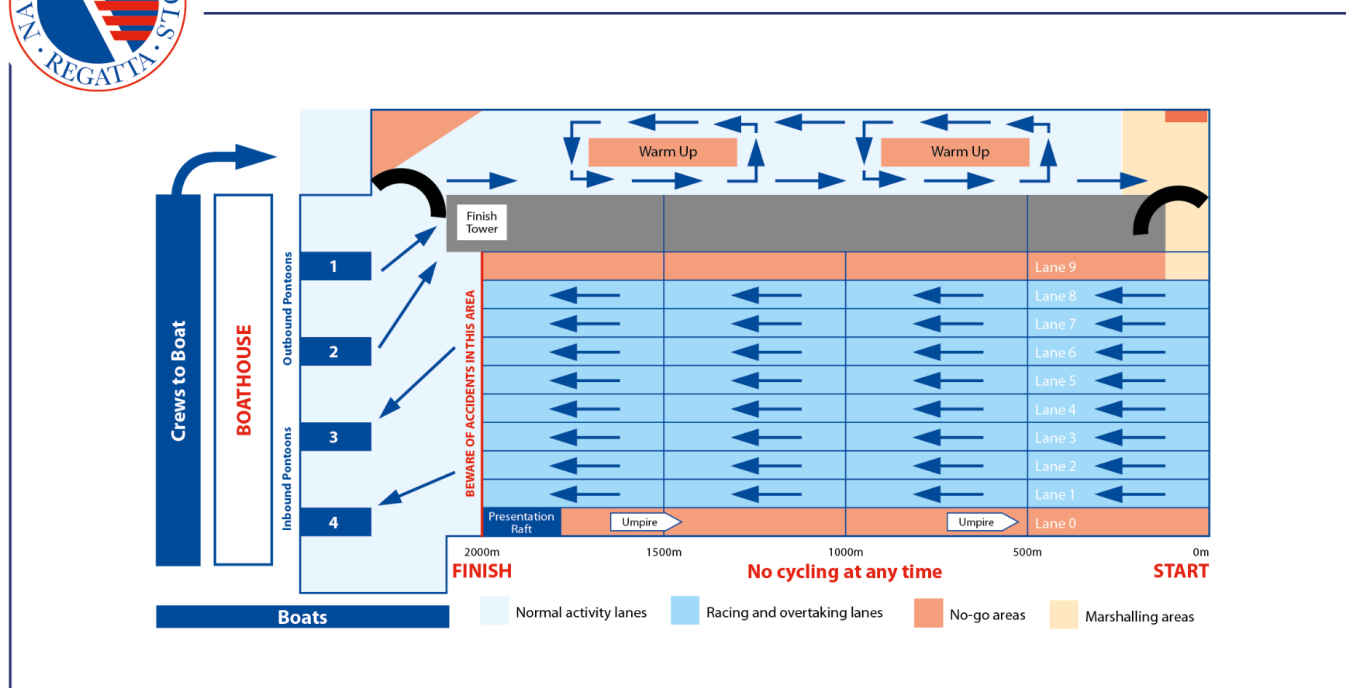


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## 2.4 MULTI-LANE RACING on Saturday and Sunday over 2,000m

1. Each crew is responsible for being in the start area, within 500m from the warm up lake exit bridge and ready to race 10 minutes before the scheduled time of their race.
2. Crews will proceed towards the start in the warm-up lake as far as 200m from the start at which point they will be directed by the Start Marshal to **wait in Lane Number Order (1, 2, 3, 4, 5, 6)**.
3. As races are set off crews will be directed to move towards the return lane exit bridge staying in lane number order.
4. When at the bridge and when the Starter calls the race under the Start and Bridge Marshals
5. instructions, crews will paddle through the bridge and then across the start pontoons in their allotted lane and will then back down onto the start pontoon.
6. If a crew misses its "slot" it may not be allowed to race.
7. **Warming up** is only permitted in the areas and directions indicated on the Circulation Patterns.
8. **Cooling down** is NOT PERMITTED at any point on the lake.

## 2023 Multi-Lane Racing Saturday & Sunday

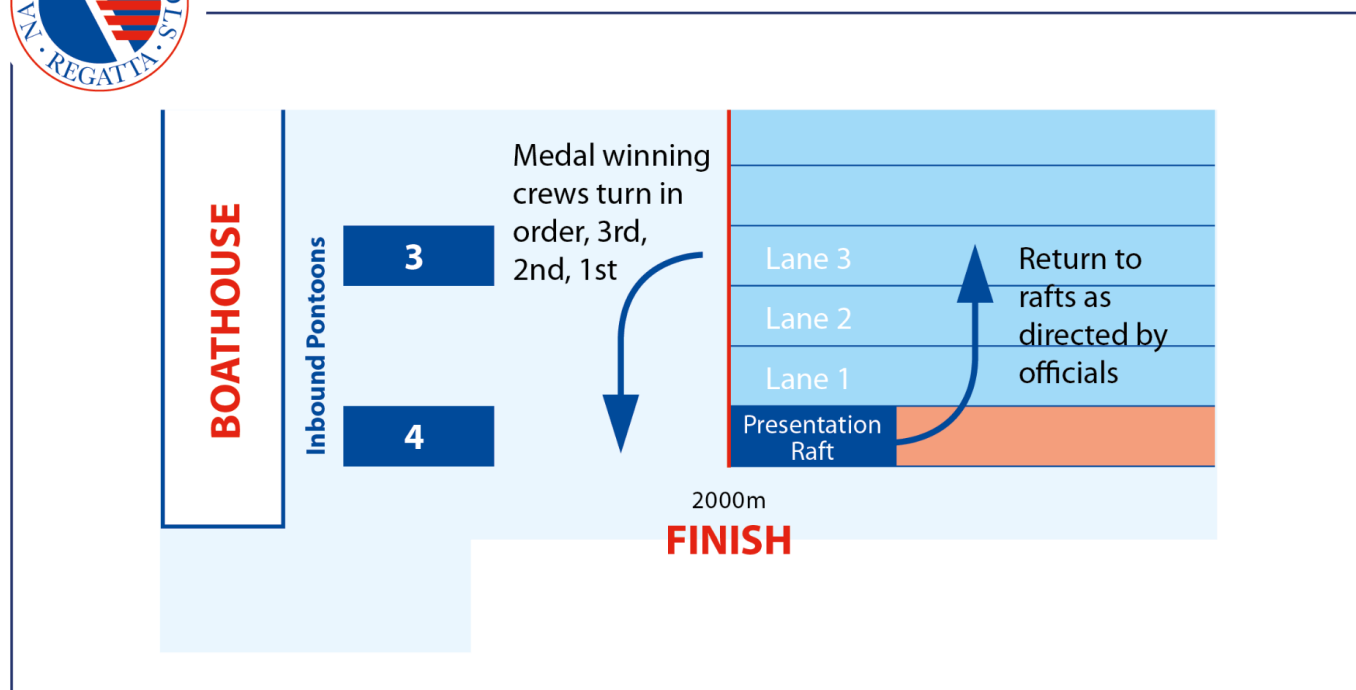


## 3 Medal Presentations

1. The presentation raft will be located in Lane 0, attached to the bank about 75m beyond the Finish line. It is 48m long and can accommodate up to three eights.
2. Medals will be presented to the first three crews in each final, provided that at least one further crew has entered the event.
3. Medal winning crews must turn, immediately following their race, into lane 0 and proceed in reverse order (3rd - 2nd - 1st) to the presentation raft taking great care to avoid other boats and launches.
4. Following the presentation crews must stay in lane 0 facing the Start until it is safe to turn onto the course and return to the boathouses via lane 3, *OR AS DIRECTED BY AN OFFICIAL*

- Instructions from umpires marshalling crews must be followed immediately.

## 2023 Medal Presentations



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## 4. In Case of Emergency

### Rescue Boats and First Aid

1. Up to five rescue boats will be present on the main lake and the warm-up lake to give assistance where necessary. The positions for these boats can be found in the Circulation Pattern.
2. In the event of an incident or other event reducing the number of available rescue boats but not requiring the suspension of racing, the remaining rescue boats shall be redeployed to provide maximum effectiveness.
3. Paramedic facilities INCLUDING AN AMBULANCE AND RAPID RESPONSE VEHICLE will be available IN THE BOATING AREA AND AT THE 1K MARK

The nearest A&E department is in the Wexham Park Hospital, Wexham, Slough, Berkshire, SL2 4HL.

**Incident Number: Thames Valley Police is: EOP-1936-23-4300-3168**

## 5. Risk Assessments